

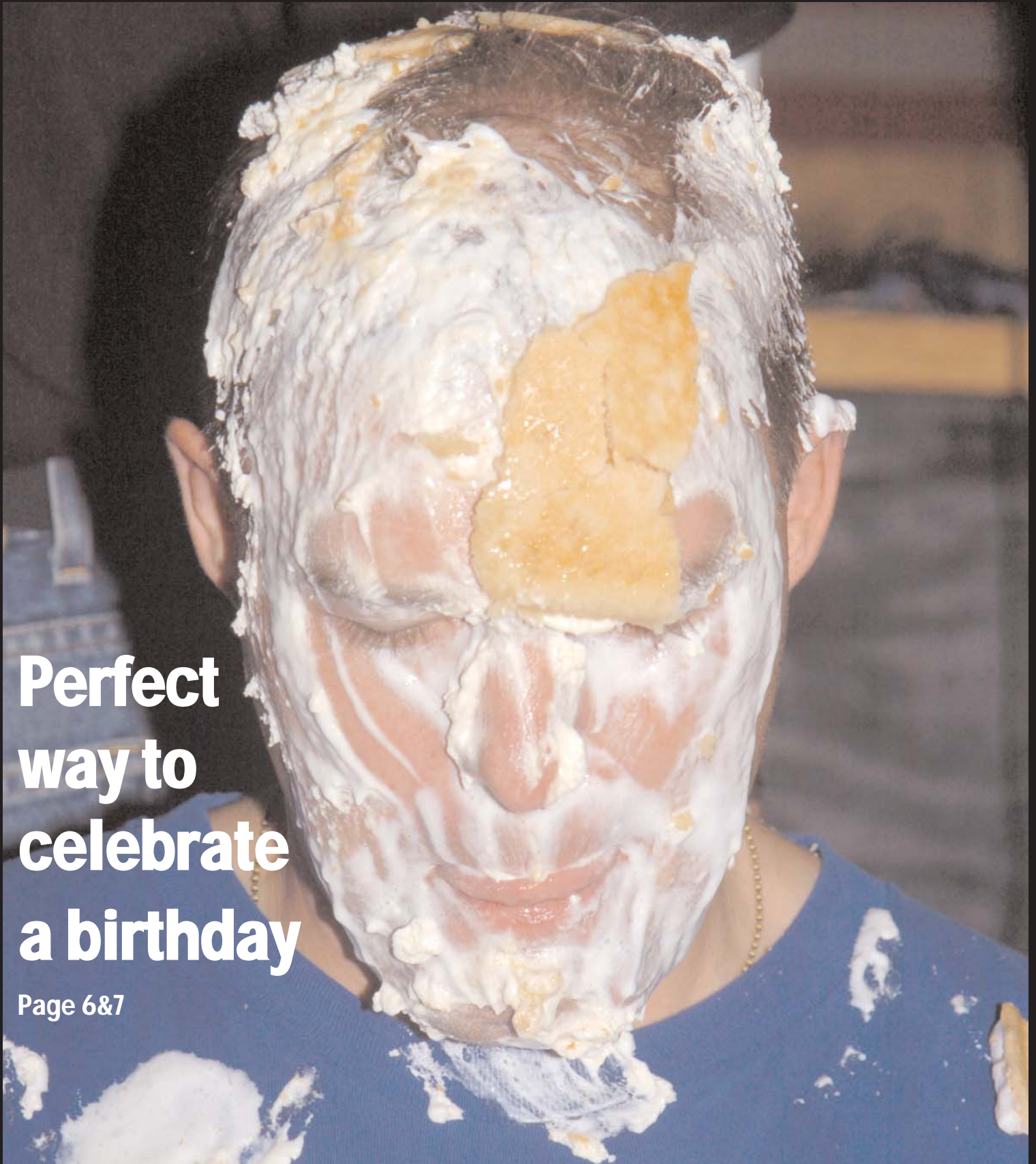
# DESERT VOICE

October 19, 2005

Serving the U.S. and Coalition Forces in Kuwait

**Perfect  
way to  
celebrate  
a birthday**

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# DESERT VOICE

Volume 27, Issue 13

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Spc. Janine Coogler

Brett Heatherington celebrates the Navy's 230th anniversary by taking a pie to the face.



# CSM talks about troops, Pakistan relief, CFC

**Staff Sgt. Latorry D. Sidney**  
CFLCC PAO

Since Command Sgt. Maj. Franklin G. Ashe took hold of the reins as command sergeant major for the Third U.S. Army, U.S. Army Central Command and Coalition Forces Land Component Command, he has had a vision of improvement.

Not only does he want to improve the command climate but also leaders and individual Soldiers as well.

Ashe spoke with the *Desert Voice* about improvement, recent natural disasters and the significance of the Combined Federal Campaign-Overseas.

**Q** In the time you've spent as the command sergeant major here, what improvements or changes have you found necessary?

**A** In the Army, we work on improving our foxhole everyday.

Whether it's filling a sandbag and putting new sandbags on a fighting position, doing a police call around our barracks or even mopping the floor, improving the foxhole means improving ourselves.

It can mean doing a correspondence course to gain more knowledge on military matters, or doing more pushups to do better on the PT test.

If we're leaders, (it can be) spending more time with our subordinates, getting to know them better and helping them to understand their role and responsibilities and how they fit into the big picture. I'm trying to find ways to keep improving the foxhole everyday.

I want to help make the command a better place for everybody any way I can.

**Q** What is your take on the recent rash of natural disasters?

**A** Natural disasters are a part of living in this world. The world is becoming a much more crowded place and these natural disasters have a much larger impact on people now.

I'll tell any Soldier, don't just sit around and listen to CNN and Fox News because that's like looking at the world through a straw.

That's just one thing that's going on in our world on any given day.

No matter how many disasters there are, there are more good things going on than bad. A person just has to remember that and keep that in context.

I don't think anything negative about these natural disasters, though it's a tragedy when

innocent people lose their lives. It's the way the world has always been.

**Q** With all the natural disasters taking place, seemingly one after the other, what advice would you give to deployed Soldiers to alleviate the worry and stress of being away from loved ones?

**A** If you have worries about anything at all, don't keep it to yourself. Talk to your friends, talk to your chain of command or the chaplain or somebody you trust. Also, when you get a chance, call home, write home or e-mail home to stay in touch with your family members and the people you're worried about.

We all worry about the people we care about, and they're back home worried about us. Have faith. Don't worry about things you can't do anything about. Focus on the things you can do something about. We're all here to help each other.

**Q** What part does CFLCC play in the Pakistan relief effort?

**A** We are doing our part to help Pakistan recover.

We're going to do everything we're told to do by our national command authority to help the country and the people of Pakistan recover from this massive earthquake.

We've already assisted by getting equipment and supplies over there. Our federal government has provided money.

CFLCC will do what it can and as much as it can as directed by the national command authority and the CENTCOM commander.

**Q** What impact does our role in the relief effort for these disasters have on Third Army's mission readiness?

**A** It has absolutely no impact on our readiness to continue to support the fight in Iraq, Afghanistan and if needed, to go somewhere else and be the command post for some other operation in the CENTCOM area. The reason is, this is just one of the many functions of Third Army and CFLCC; to provide support when needed in the theater.

It causes us to be more spread out and it consumes more of our assets, but it doesn't hinder our interests at all. Those interests can be replenished.

Another way to look at it is, by conducting operations in other places, whether it's relief effort or combat, it enhances our readiness because of the experience we're gaining by having to work in multiple places simultaneously.

**Q** From Oct. 15 until Dec. 15, the Army will be participating in the Combined Federal Campaign-Overseas. What is the significance of the program as it relates to

Soldiers?

**A** I've been in the Army for 30 years and it's been a part of being a Soldier.

Every year the Army makes an effort to contact 100 percent of its members, and gives everyone the opportunity to participate. Of course, it's a voluntary program in terms of participation by contributing to the charity of your choice.

I think it's a great opportunity for Soldiers to participate in an indirect way in some of the programs they believe in and want to support back in the United States.

It's also a great way for Soldiers to be good citizens, by giving to a charity to help make the lives of other people a little better.

I encourage all leaders to make sure 100 percent of our servicemembers are contacted. There are a lot of great causes out there that need just a little bit of help to make a difference for a lot of people.

There are dozens of charities to choose from and I'm sure most servicemembers would find something there they'd like to support.

Another thing to remember is that all these charities are valid and legitimate charities and most of the money given will be used exactly the way they say it's going to be used.

**Q** Having been a participant in the CFC yourself, what was the greatest reward for you personally?

**A** The only personal reward I've gotten out of the CFC was the knowledge that I've helped somebody I don't even know. It's something that comes from the heart.

It's part of being a good Soldier and a good citizen.

I'm also proud when the unit I'm in meets a good goal in terms of the number of Soldiers participating and giving to the campaign.

It shows me that Soldiers and servicemembers care about other people.

I want to thank everybody for their hard work.

Continue to be safe and take care of each other - PATTON'S OWN.

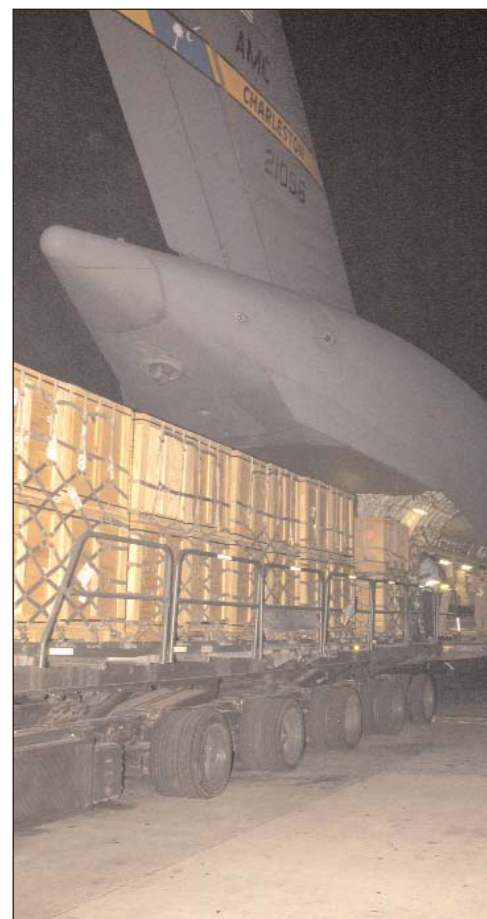


**Command Sgt. Maj. Ashe**



Photos by Spc. Robert Adams

(Above) Coalition Forces Land Component Command Soldiers from Company C, 1st Battalion 12th Field Artillery and 1864th Medium Transportation Company strap down pallets full of U.S. military tents, cots and Halal meals at the Central Receiving Shipping Point. The cargo is being flown to Pakistan to aid earthquake victims.  
(Right) U.S. Air Force personnel and contractors load pallets onto a C-17 aircraft that will aid victims of the major earthquake that devastated Pakistan.



## Packing for Pakistan

# CFLCC offers relief for earthquake victims

**Spc. Marcos Alices Kinch**  
CFLCC PAO

Humanitarian support and assistance flowed into Pakistan throughout the region after a massive 7.6 magnitude earthquake wiped out entire villages and buried victims under piles of debris Oct. 8.

In doing its part to provide Pakistan with assistance, a massive relief effort has swung into action in Kuwait. Coalition Forces Land Component Command is providing pallets of tents, cots, blankets, medical supplies and Halal meals, meals prepared to the Muslim standards. CFLCC will continue to send relief supplies until the mission is complete.

"Pakistan is showing their support for the war against terrorism, so we are going to provide them with support and assistance in their time of need," said Col. Dennis Linton, force generation branch chief and Pakistan earthquake assistance officer.

The destruction and loss of life in Pakistan is massive; CFLCC is responding rapidly with pallets of humanitarian relief supplies. The Central Command Deployment & Distribution Operation Center has coordinated the movement of needed supplies to

Pakistan by sea, land and air with the Theater Distribution Center, Defense Reutilization and Marketing Office and CFLCC's logistic section at Arifjan.

"They own the pipes or the ability to move and we own the materials they want to move," according Brig. Gen. Kevin Leonard, CFLCC C4 and Air Mobility Command Commanding General Forward.

Food and supplies are being airlifted to Islamabad, Pakistan from the Kuwait International Airport. C-17 and C-130 aircrafts were loaded with pallets by U.S. Air Force personnel and contractors employed by CFLCC. A C-17 aircraft can carry as many as 18 pallets. As of Thursday, CFLCC had delivered a total of 51 pallets, many stacked as high as 96 inches. The pallets contained 112 tents, 1,920 cots, 49,920 Halal meals and 5 pallets of medical supplies. Pallets are still being prepared for air movement.

CFLCC also answered the need of engineer equipment to clear debris from the roads and collapsed buildings. Engineer equipment was uploaded on the USS Northern Lights and departed for Karachi, Pakistan Thursday.

"Everyone understands the mission is necessary to help reduce suffering and saving

lives," said Maj. Bruce C. Syvinski, 62nd Medical Brigade logistics officer.

Time is of importance in a mission of this kind according to Syvinski. With the help of clinical subject-matter experts from Expeditionary Medical Facility - Dallas Arifjan, CFLCC decided which medical supplies will be appropriate for providing initial support.

Initially, CFLCC sent basic medical supplies including medicine, bandages and litters. CFLCC also sent medication to treat bacterial infections, relieve pain and reduce fever.

"We work 24/7, 365 days a year addressing the difficulties of a fledgling state as it attempts to put its arms around freedom. Then a natural disaster occurs in a neighboring country; we simply work harder in order to assist those people," Maj. Gen. Frank D. Tutor, CDDOC director.

CFLCC's humanitarian support and assistance to Pakistan will not have a negative impact on CFLCC's primary mission, according to Tutor.

He added, CFLCC will optimize its resources to help the Pakistani government and will tailor its aid to the primary mission.





Spc. Robert Adams

(Left to right) Sgt. Maj. of the Marine Corps John Estrada, Sgt. Maj. of the Army Kenneth Preston and Master Chief Petty Officer of the Navy Terry Scott talk about their visit. It isn't very often three top-enlisted are at the same deployed site at the same time.

## Three services' top-enlisted visit troops, Kuwait

**Spc. Robert Adams**  
Assistant Editor

The Army, Marine and Navy's top non-commissioned officers visited Kuwait Oct. 12 and 13 to meet with their servicemembers and view current operations and equipment.

During their stay, all three got the chance to talk to troops and leaders to get a feel of how operations are proceeding.

Sgt. Maj. of the Army Kenneth Preston spent time at Camp Arifjan talking to Soldiers about transformation, the Army's future, recruiting and retention, as well as answering Soldiers' questions, issues and concerns.

"When you look at all the different missions going on around the world, the number one mission is the Global War on Terrorism and the number two mission is transformation," Preston said.

"All of those missions are really built on the foundation called recruiting and retention," he said.

"I think the more you know and understand about transformation and what the leadership is trying to do to protect Soldiers and their families ... it will help those Soldiers lean toward wanting to stay in the Army and continue to serve," he added.

Sgt. Maj. of the Marine Corps John Estrada and Master Chief Petty Officer of the Navy Terry Scott got to meet and view 13th Marine Expeditionary Unit Marines in action as they off-loaded equipment at the Kuwait

Naval Base and while training at Camp Buehring for their push into Iraq.

"The 13th MEU is ready to go north," Estrada said.

"They were telling us they were glad to be on the deck and they are ready to go forward," he said.

"Those guys were so proud to show us their equipment," Scott added.

He added, "They are all proud of what they are doing, and they have every reason to be proud."

Scott said that all the services also have the responsibility to meet servicemembers so they can brief government and military officials back in Washington, D.C.

"Each year the sergeant major (Estrada) and I, the sergeant major of the Army and chief master sergeant of the Air Force are called upon to testify at a number of hearings with elected officials and they ask us very pointed questions about our servicemen and women who are serving around the globe, and to represent them appropriately and properly we need to be out and about taking that pulse," Scott said.

The three also got the chance to meet with Lt. Gen. R. Steven Whitcomb, Third U.S. Army and Coalition Forces Land Component Command commander and be briefed on current theater operations.

They also met Command Sgt. Maj. Franklin G. Ashe, Third U.S. Army and CFLCC command sergeant major.

By visiting with troops and meeting with

leaders in theater, they will be able to fulfill their responsibility to organize, equip and train their services.

"We need to make sure we are organized properly, that we are training to standard, that our Sailors and Marines have the right equipment and I look at it specifically to make sure that we've got the right policies in place and that we are addressing their unique needs that they will have in this environment," Scott said.

All three agreed that their troops' morale level was high and that they appreciate every opportunity they get to learn from them.

"Every opportunity I have to visit with Marines and Sailors in this theater, I experience a reversal of roles of what most people think leadership is about," Scott said.

"Most people think leaders are supposed to inspire the junior Sailors and Marines. Well, they inspire me," he said. "They pump me up and get me motivated to go back and take on their issues and make sure they are ready to roll."

Preston had Soldiers recite the Soldier's Creed over and over again to stress to them why they are over here fighting for their country.

"This is the first time in our nation's history that we've sustained a long-duration fight with an all-volunteer force," Preston said.

He added, "There was not one Soldier that I talked to today that wasn't proud about being part of the operation and proud to be over here."

## *Sailors party on the beach*

# Navy celebrates 230 years

**Spc. Janine Coogler**

**CFLCC PAO/11th PAD**

"You look great for your age" was the going joke to U.S. Navy personnel throughout the night.

More than 600 servicemembers and civilians from camps throughout Kuwait came together at Kuwait Naval Base's beach to celebrate the Navy's 230th anniversary.

"The birthday bash allowed servicemembers from every branch to relax and enjoy themselves at the beach," said Lt. Cmdr. Rick Stratton, Naval Coastal Warfare Squadron 33 Morale, Welfare and Recreation officer.

The celebration kicked off with more than 350 servicemembers and civilians running in a 5-kilometer run which started and finished at the beach.

Leading the competition, Petty Officer 3rd Class Jedrick Baures crossed the finish line in under 18 minutes to become the overall champion of the 5-K run. The overall female, Laila Grasley, finished in less than 24 minutes.

Baures said it was a great way to start the night.

"A party is always a great place to be," he said. "Food, fun and games ... what is not to like about that?"

The top three overall male and female winners received a Navy coin and a gift card.

After the run, everyone was able to relax, eat food and compete in various sports.

People enjoyed playing beach volleyball. The Navy Sea, Air and Land specialists competed against everyone else. In addition to volleyball, the lower-enlisted challenged senior noncommissioned officers and commissioned officers in dodgeball.

U.S. Coast Guard Chief Petty Officer Grace Taylor, NCWS 33 chief said she hadn't played dodgeball since the fifth grade.

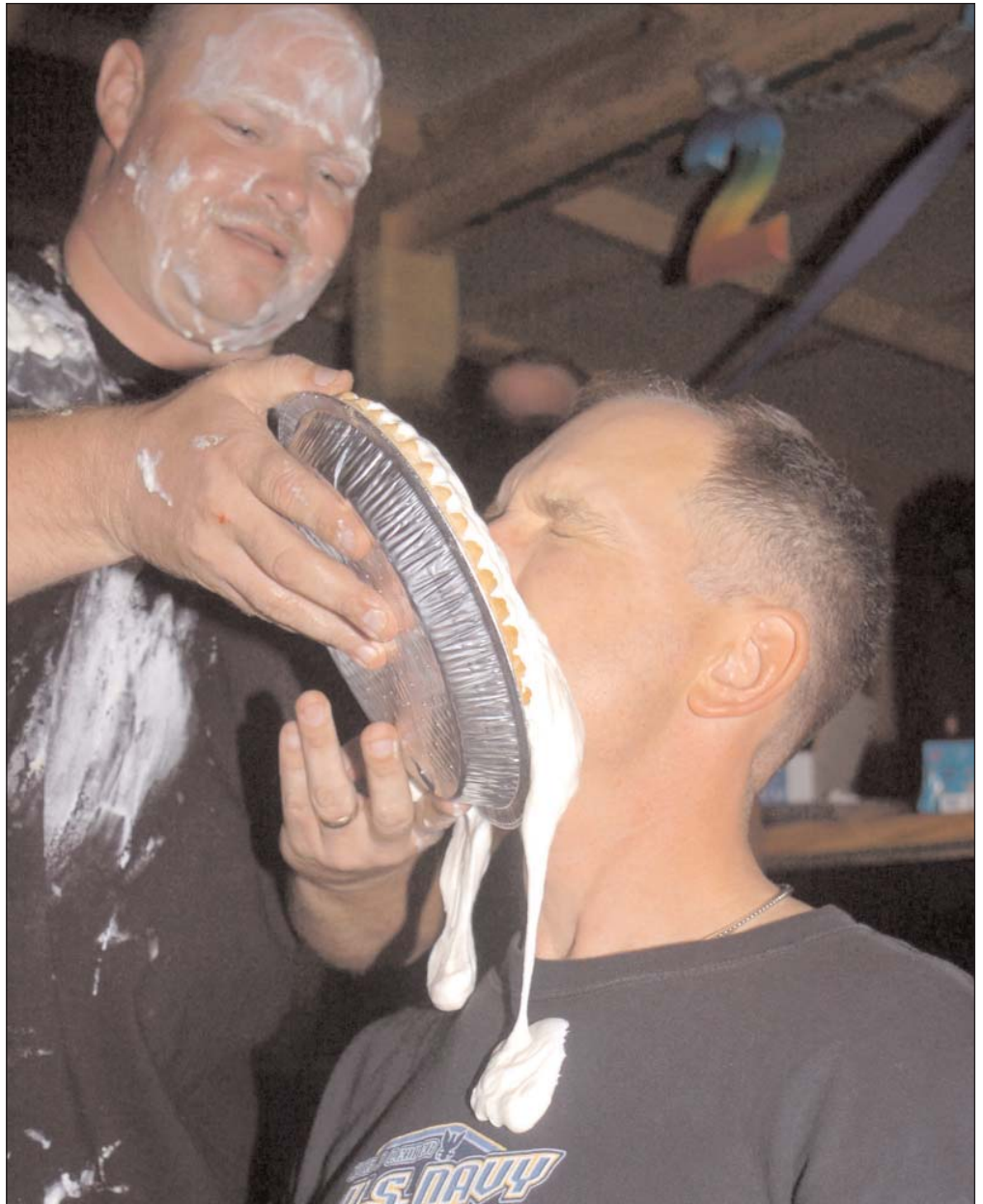
"I'm terrible at this game but it is still fun and a good workout," she said.

In honor of the occasion, there was a small Navy trivia contest.

Contestants answered questions about the Navy's history and common knowledge. The first person to give the correct answer received a gift.

Although the competition and food lasted throughout the night, the pie-throwing contest made the night, Stratton said.

Throughout the month, Navy personnel



*Spc. Janine Coogler*

**Petty Officer 2nd Class Neel Larson puts a cream pie in the face of a fellow servicemember to celebrate the Navy's 230th anniversary.**

were able to vote for anyone they felt deserved a pie in the face. Each vote cost \$20. The top three contenders would receive a pie in the face.

To pick the person to throw the pie, raffle tickets were sold.

"Pick your poison," Stratton teased, as he held the container of raffle tickets for Petty Officer 2nd Class Brett Heatherington, who received the most votes.

The unexpected twist in the contest was the extra pie. Of the top three winners, one

would have a pie that had "cherry" written on the bottom.

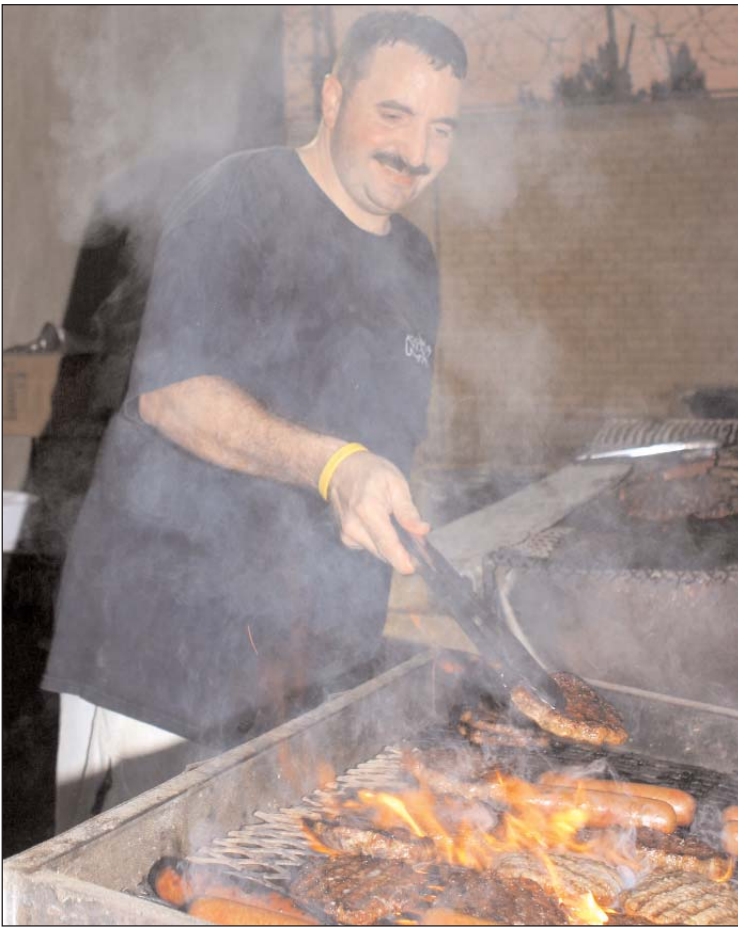
That person could then pick anyone in the crowd to smash a pie in their face.

More than \$1,600 was raised for the pie-throwing event.

Stratton said MWR will use the money to sponsor more events like the beach party for servicemembers to enjoy.

He added, the various activities offered at the Navy anniversary party allowed servicemembers to get out and have some fun.

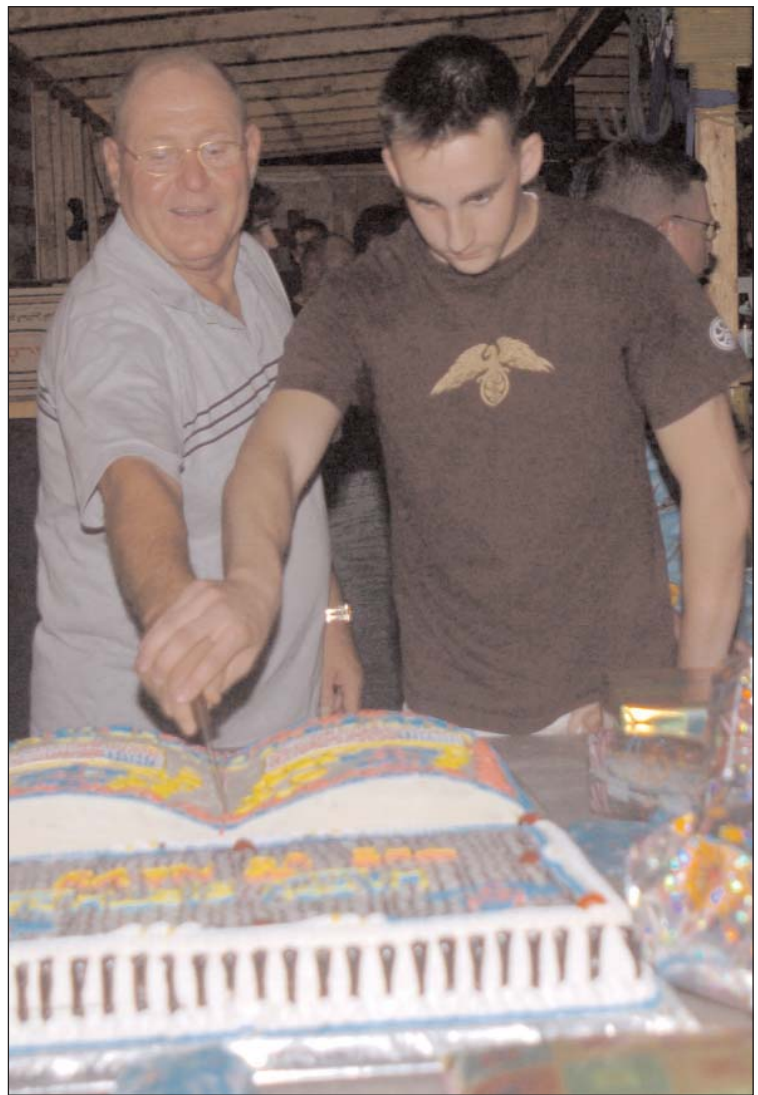




*Photos by Staff Sgt. Kerensa Hardy*

**(Above)** Chief Andrew Schmidt cooks hamburgers and hotdogs on the grill for Navy Birthday partygoers.

**(Right)** Chief Gunnersmate Danny Smith, 56, and Hospital Corpsman Kellen Gumm, 19, cut the cake for the Navy's 230th birthday as the oldest and youngest Sailors at the party.



*Staff Sgt. Kerensa Hardy*

**(Left)** Legalman Rick Adames, right, teaches Chief Yeoman Jo Hammerlund the Montgomery Cha-Cha.

*Spc. Janine Coogler*

**(Above)** Cheered by his comrades, a Navy servicemember sprints to the finish line of the 5-kilometer run. The run was the first event of the Navy's birthday party.



*Redistributing back into fight*

# 4 Corners receives, moves supplies

**Spc. Robert Adams**

Assistant Editor

As Soldiers cycle in and out of combat, so do their supplies.

The Four Corners site at Camp Victory is a one-stop shop for redeploying units to turn in subsistence supplies, individual equipment, vehicle fluids, construction materials and repair parts.

At the same time, many units preparing to deploy come to the four corners site to obtain supplies that would take a long time to get otherwise.

"There are a lot of items that units can pick up from the site that had benefited previously deployed units," said Sgt. 1st Class Henry Davis, 146th Quartermaster Company, noncommissioned officer in charge.

The system has helped save the military time and money.

After units drop off their excess items, the

146th QM Co., of Queens, N.Y., then segregates and processes the supplies by serviceable and non-serviceable.

All items that are serviceable will go back into the system to help units deploy and materials that are non-serviceable will then be sent for reclassification.

Once a connex fills up with materials at the site, they are then transported to Camp Arifjan's retrograde yard.

There, they are unloaded and the various classes of materials are then taken to their respective areas.

Empty connexes are then replaced at the four corners site for the full ones that departed for Arifjan.

The site didn't always run as smoothly as the above process reads.

"The Four Corners site was once called a junk yard before we assumed command,"

Davis said.

"Now the site has been named a model redeployment site for the future," he said.

**"Now the site has been named a model redeployment site for the future."**

*Sgt. 1st Class Henry Davis*

Since taking over responsibility of the Four Corners site November 2004,

146th QM Co. Soldiers reorganized the site layout, added gravel roads, formed a one-way entrance and exit point to move convoys in and out as quickly as possible.

"The new set up made it a lot easier for units going home," said Staff Sgt. Juan Cifuentes, 146th QM Co. four corners staff supervisor. "They just drop it off and go."

Davis said, "The Soldiers that work the Four Corners site have done an outstanding job."

*Illustration by Sgt. Robert Scott*

**A representation of the four corners showing the different classes of equipment.**







Photos by Spc. Debralee P. Crankshaw

A member of the KNB team tries to block a spike by Doha during the finals of the ASG - Kuwait volleyball championships.

# KNB out spikes Doha

**Spc. Debralee P. Crankshaw**  
CFLCC PAO/11th PAD

The player dives for the ball but the gallant attempt is in vain as the volleyball strikes the sand and rolls away.

The whistle blows, awarding a point to the opposing team, but the player gets back on his feet to give it another shot.

This was a scene of the Area Support Group – Kuwait volleyball championships. Kuwait Naval Base beat Camp Doha in the finals, in a best of five series Oct. 9. KNB won the first three matches 25-12, 25-17 and 25-21.

The final match was close. Every time KNB tried to pull ahead, Doha would fight its way back within three points, but couldn't seem to get any closer. Both teams were setting and diving for balls but KNB's placement usually earned points by faking the spikes and hits.

The score was 24-16 when Doha really put up a fight, not wanting the game to end. The team made point after point with well-placed hits. After gaining five points, KNB put a stop to Doha scoring and placed a gentle spike just out of Doha's reach to end the game and take the championship.

KNB defeated teams from the

Army logistics support area at Ali Al Salem Airfield, Doha, Camp Arifjan and Doha again in the finals.

Doha made it to the championships with only a loss to KNB in the second bracket of the double-elimination tournament.

"We came in with a mission to win – that was the goal," said team captain Leif Fautanu.

According to co-captain Phil Faoa, there was a moment in the championship that the team knew victory could be theirs.

"As a team, our best moment was winning our second match without our best player. After that, we knew we could win the whole tournament," Faoa said.

Fautanu said he was never concerned – he knew his team could win.

"I wasn't really worried about winning. I knew the ability and talent that we had," he said. "I worried more about making our own mistakes than about the other teams."

The KNB coach, Tauveve Vivao, said he admired the other teams and thought they did very well.

"The games were just going our way," Vivao said. "All teams played well."

The KNB team held tryouts and chose the best players for their team. After the team was



**Eddieson Taeoalii and Jennifer Prietos, KNB team, jump to block a spike by the Doha team.**

selected, they practiced on being flexible on the court because of the terrain.

"Sand is different than indoors – you have to be able to move around," Vivao said.

According to Vivao, the team's motto helped them through the games. They chanted the motto while clapping their hands after every point – theirs or the opposing team's. Their motto is "Hiki No" meaning "can do."

Vivao said he thinks KNB's win is due to the experience of the players and playing at KNB for fun and in competition.

He also said he thinks the KNB team did a good job and others agree with that sentiment.

"I'm extremely proud," said Lt. Col. Keith Tamashiro, who came from KNB to support them.



**Doha team member, Stephen Javinar helps the ball across net.**

"They played with a lot of heart and teamwork."

# 205th MI Bde. set to help warfighter

**Spc. Michael Noggle**

CFLCC PAO/11th PAD

When the United States Army needs to rapidly deploy some of its intelligent personnel to Iraq, they don't have to look very far.

The 205th Military Intelligence Brigade out of Wiesbaden Army Airfield, Germany, will be relied on to gather local information on enemy operations for the Global War on Terrorism.

"We are responsible for collecting the intelligence to provide to the warfighter," said Command Sgt. Maj. Sherwood Brame, 205th MI Bde. command sergeant major.

"We are an enabler. We have to know where the bad guys are, what they may be planning and help the Iraqi forces defeat the insurgents and any anti-Iraqi forces," he said.

Unlike most brigades, all the battalions within the unit are military intelligence; however, each will be relied on to complete different missions.

According to Sgt. Maj. Christopher Raines, 205th MI Bde. operations sergeant major, the biggest information producers will be the analyst control element, the tactical human teams and the tactical exploitation group.

"The ACE is the big intelligence provider," Raines said. "Any kind of information gathered, whether it's through an interrogator or a radio intercept operator, each piece comes through the ACE that will put together a product which will go to the commander."

The TEG consists of the counter intelligence and human intelligence interrogators, Raines said. They'll go out, meet and develop relationships with Iraqis in the local communities.

The tactical human teams are outside the wire every day gathering information and trying to get an edge on enemy operations, he said. If there is knowledge of possible insurgent activity, then

those teams will be out on the streets talking to people trying to gather information before the action occurs.

With the possibility of encountering enemy contact, the unit hasn't overlooked the fact

**"I think each individual has his own job ... and if everyone contributes to the team, we're going to work wonders."**

*Spc. Amanda Cordero*

they are going to be in the "thick of things."

The brigade has trained on convoy live fire, zeroing weapons and close-quarters combat, as well as military occupational specialty-specific training.

"Everyone has to go through the combat training," Brame explained. "Due to the simple fact we will have teams out there, we want to ensure, first and foremost, they have those combat skills before we send them out into the communities."

As far as the technical skills Brame added that the Soldiers within the brigade are confident about their tasks and skills.

"There have been several exercises that have been conducted to test their ability in human

operations," Brame said. "We feel pretty comfortable with their ability to conduct operations."

For some Soldiers, this is the first time they have used their skills since graduating from the advanced individual training.

"I am really excited for this opportunity," said Spc. Amanda Cordero, intelligence analyst. "This will be the first time I will be able to do what I was trained to do."

"We are learning more about our jobs and the aspects behind it," said Spc. Roberto Bonilla, communications security.

"The mission in Iraq will enable me to get some great hands-on work during real-world missions," he said.

Brame said it didn't matter whether this is the Soldier's first, second or third deployment, the unit feels confident in everyone's ability to complete the mission.

"I know we are going to do a lot of good things," Cordero said. "I think each individual has his own job ... and if everyone contributes to the team, we're going to work wonders."

## Farewell first rotation

*Spc. Janine Coogler*

Romanian native Mihai Stoichita, head coach of the Kuwait National Football (soccer) Team, takes a picture with some of his fellow countrymen.

More than 100 Romanian infantry soldiers from the 26th Battalion on their way home after six months of supporting the United Nations Assistance mission in Iraq, got their chance to take pictures and speak with one of the top soccer coaches from their country.

The first rotation of Romanian soldiers was able to meet and greet with Stoichita before boarding their plane for the long awaited journey home. The surprise of meeting a famous countryman before heading home was a way to show the soldiers appreciation, said Lt. Col Matian Sima, Romanian attaché.





# Community

happenings for Oct. 19 through Oct. 26

## Arifjan

### Wednesday

Soccer league, through Nov. 5, Zone 1 soccer field

Veteran's Day Track and Field meet sign-up, through Nov. 8, Zone 1 and 6 Fitness Centers  
Cardio kickboxing, 5 a.m., 1 p.m., Zone 6 Fitness Center

Step and abs, 8 a.m., Zone 6 Fitness Center  
Boxing class, 7 p.m., Zone 6 Fitness Center  
Country Music Night, 7 p.m., Zone 6 stage

### Thursday

Ballroom dancing, 8 p.m., Zone 1 Community Center

Tai Chi, 4 p.m., 8 p.m., Zone 1 Fitness Center  
The Ride, 6 p.m., Zone 1 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

Country Music Night, 7 p.m., Zone 1 Community Center

### Friday

Friday Fright Night at the Movies, 7 p.m., Zone 1 Community Center

Soccer league, through Nov. 5, Zone 1 soccer field

Boxing class, 8 p.m., Zone 6 Fitness Center  
Salsa Night, 7 p.m., Zone 1 Community Center

### Saturday

College Football, 7 p.m., Zone 1 Community Center

Cardio kickboxing, 5 a.m., Zone 6 Fitness Center

Abs, 8 a.m., Zone 6 Fitness Center

Hip Hop step, 1 p.m., Zone 6 Fitness Center  
Tai Chi advanced, 4 p.m., 8 p.m., Zone 1 Fitness Center

The Ride, 6 p.m., Zone 1 Fitness Center

Boxing class, 7 p.m., Zone 6 Fitness Center  
Soccer league, through Nov. 5, Zone 1 soccer field

Salsa Night, 7 p.m., Zone 1 food court

Country Music Night, 7 p.m., Zone 6 stage

### Sunday

NFL games, 8 p.m., Zone 1 Community Center

Salsa Night, 7 p.m., Zone 6 stage

Step and abs, 5 a.m., 1 p.m., Zone 1 Fitness Center

Abs, 8 a.m., Zone 1 Fitness Center

Soccer league, through Nov. 5, Zone 1 soccer field

### Monday

Karaoke Night, 7 p.m., Zone 1 Community Center

Step and abs, 5 a.m., Zone 1 Fitness Center

AbSolution, 8 a.m., Zone 6 Fitness Center

Cardio kickboxing, 1 p.m., Zone 1 Fitness Center

Soccer league, through Nov. 5, Zone 1 soccer field

### Tuesday

Ballroom dancing, 8 p.m., Zone 1

Community Center

Bingo Night, 7 p.m., Zone 1 Community Center

Cardio kickboxing, 5 a.m., Zone 1 Fitness Center

Step and abs, 8 a.m., Zone 1 Fitness Center

AbSolution, 1 p.m., Zone 1 Fitness Center

Tai Chi, 4 p.m., 8 p.m., Zone 1 Fitness Center

The Ride, 6 p.m., Zone 1 Fitness Center

Soccer league, through Nov. 5, Zone 1 soccer field

### Wednesday

Pumpkin-carving contest, 5 p.m., Zone 1 Community Center

Cardio kickboxing, 5 a.m., 1 p.m., Zone 6 Fitness Center

Step and abs, 8 a.m., Zone 6 Fitness Center

Boxing class, 7 p.m., Zone 6 Fitness Center

Soccer league, through Nov. 5, Zone 1 soccer field

Country Music Night, 7 p.m., Zone 6 stage

**For more information call**

**430-1205/1302**

## Buehring

### Wednesday

Walking Club (5 miles), 5 a.m., command cell flagpole

### Thursday

Walking Club (5 miles), 5 a.m., command cell flagpole

### Friday

101st Army Band, 7:30 p.m., MWR stage

Weightlifting competition weigh-in, gym

Walking Club (5 miles), 5 a.m., command cell flagpole

### Saturday

Weightlifting competition, gym

Tae-Kwon-Do Class, 7 p.m., MWR Tent 1

### Sunday

Walking Club (10 miles), 4:30 a.m., command cell flagpole

### Monday

Walking Club (5 miles), 5 a.m., command cell flagpole

### Tuesday

Walking Club (5 miles), 5 a.m., command cell flagpole

Tae-Kwon-Do class, 7 p.m., MWR Tent 1

### Wednesday

Walking Club (5 miles), 5 a.m., command

cell flagpole

**For more information call**  
**828-1340**

## Kuwait Naval Base

**For information call 839-1063**

## Navistar

### Saturday

Poker tournament, 6 p.m., MWR tent

### Sunday

Poker tournament, 6 p.m., MWR tent

**For more information call**

**844-1137**

## Spearhead/SPOD

**For information call 825-1302**

## Victory

### Thursday

Aerobics, 5 a.m., MWR

### Friday

Fat Pockets 8-ball tournament, 6 - 9 p.m.

### Saturday

Kuwaiti Beach Volleyball tournament, 6 - 10 p.m.

### Sunday

Slam Jam Pingpong tournament

### Monday

1001 Card Trick Night, 6 - 8 p.m.

### Tuesday

Aerobics, 5 a.m., MWR

Spa Day, 9 a.m. - 6 p.m.

### Wednesday

Camp Victory OIF Art Contest judging

**For more information call**

**823-1033**

## Virginia

### Wednesday

Spades, 7 p.m., MWR Tent

### Thursday

Karaoke Night, 8 p.m., Dusty Room

### Friday

Pingpong, 7 p.m., MWR Tent

### Saturday

Spa Day, 10 a.m. - 10 p.m., MWR Tent

Dominoes, 7 p.m., Dusty Room

### Sunday

Old School Jams, 8 p.m., Dusty Room

### Monday

Pool, 9-ball, 7 p.m., Sports Lounge

### Tuesday

Bingo, 7 p.m., Dusty Room

### Wednesday

Country Night, 8 p.m., Dusty Room

**For more information call**

**832-1045**

# FITNESS WEAR

When wearing the PT uniform, the shirt must be tucked in, plain white socks with reflective belt will be worn.

Dirty/sweaty uniforms or civilian exercise clothing will not be worn in DFAC.

Biker shorts, aerobic attire, sleeveless t-shirts, tank tops, and bathing suits are only appropriate inside a recreational facility. This may require you to cover up before leaving the facility.

Thong bathing suits are not allowed.

